

**The Co-Occurring Disorders Institute's
Conference on Stress and Stress-Related Illnesses:
From Individuals to Cultures**

**CoDI is pleased to bring to the Valley three
preeminent speakers in the fields of stress and
anxiety for a three day event in September, 2004!**

**Douglas Bremner, MD
Sheldon Solomon, PhD
Teresa La Fromboise, PhD**

**Settler's Bay Lodge
Mile 8 Knik-Goose Bay Rd., Wasilla**

September 20th, 2004 – Dr. Douglas Bremner.

Dr. Bremner will discuss the neuroscience of stress and anxiety. How trauma effects the brain; stress and psychopathology; the functional neuroanatomy of depression and PTSD; norepinephrine, hippocampus and memory and psychopharmacology.

Dr. Bremner is the Director of the Emory Center for Positron Emission Tomography and Radiology at Emory University School of Medicine in Georgia. After obtaining his MD From Duke University in 1987 he entered into a psychiatric residency at Yale University, where he began his study of PTSD. Dr. Bremner has done extensive research for the Veteran's Administration while at Yale University. A major focus of his research has been the study of the effects of stress on brain and neurobiology in patients with stress-related psychiatric disorders, including PTSD and depression. In the course of his research he has used MRI and PET to map out a neural circuit of PTSD. More recently he has become increasingly interested in the effects of stress on the entire physical organism. This has led to studies of the effects of stress and PTSD and depression on physical health. These studies are new and have only yielded preliminary data. Dr. Bremner's publications include: *Does Stress Damage the Brain? : Understanding Trauma-Related Disorders From a Mind-Body Perspective; The Lasting Effects*

of Psychological Trauma on Memory and the Hippocampus; and Trauma, Memory and Dissociation.

September 21st, 2004 – Dr. Sheldon Solomon.

Dr. Solomon will discuss terror management. The structure of the seminar: 1) analyze the motivational underpinnings human behavior to understand the uniquely human propensity toward prejudice and ethnic conflict; 2) review empirical evidence in support of this analysis; 3) use what we've learned about human behavior to understand the causes and consequences of the events of 9/11; 4) examine the stress and coping literature to search for effective strategies for practitioners to help their clients (and themselves!).

Dr. Solomon is an experimental social psychologist, currently at Skidmore College in upstate New York (although he has also taught at the Universities of Arizona and Kansas and the City University of New York at Brooklyn College and Union College). In graduate school at the University of Kansas in the late 1970's, he met his current colleagues Jeff Greenberg (now at the University of Arizona) and Tom Pyszczynski (now at the University of Colorado at Colorado Springs), where they studied the motivational underpinnings of human behavior in order to understand why people have such a difficult time peacefully coexisting with others who are different from themselves. At KU he also worked with clinical psychologists to understand the effects of stress on human beings, and to develop non-pharmacological interventions to reduce stress and then design and conduct experiments to determine the efficacy of those interventions. Dr. Solomon's publications include: *Fear of Death and Human Destructiveness; In the Wake of 9/11: The Psychology of Terror*

September 22nd, 2004 – Dr. Teresa LaFromboise.

Dr. La Fromboise will present information regarding cross-cultural implications in the treatment of stress and anxiety and the impact of Western ideology on collectivist societies.

Teresa D. LaFromboise, Associate Professor of Counseling Psychology at Stanford University, is a descendant of the Miami tribe of Indiana. She received her Ph.D. degree from the University of Oklahoma in 1980. Dr. LaFromboise is a counseling psychologist concerned about stress-related problems of ethnic minority youth. Her research topics include: interpersonal influence in multicultural counseling; bicultural competence; and ethnic identity and adolescent health. Dr. LaFromboise is currently investigating parental drinking, parenting,

and alcohol use among American Indian adolescents. She teaches seminars on Counseling Theories and interventions from a Multicultural Perspective, Education and American Indian Mental Health, and Racial and Ethnic Identity Development and is the faculty sponsor for the Stanford Counseling Institute. Dr. La Fromboise's publications include *American Indian Mental Health Policy in Counseling American Minorities (1998)*, *Multicultural Counseling Competencies (1998) (with D. Sue et al.)*, *American Indian Life Skills Development Curriculum (1996)*.

[Click here for the registration form.](#) If you cannot access it call 745-2634 for assistance.